

**What is claimed is:**

1. A process for preparing cooked rice in aseptic package which comprises the steps of:
  - 5           (a) blenching and soaking ginseng, jujube and chestnut in mixed solution of calcium solution and organic acid solution;
  - (b) mixing raw material rice and the pretreated ginseng, jujube and chestnut;
  - (c) sterilizing the mixture at high temperature and high pressure after  
10       filling the mixture in a heat-resisting plastic container;
  - (d) cooking the rice with steam after adding a fixed amount of liquid for cooking; and
  - (e) sealing and packaging the cooked rice in a clean room, whereby  
15       cooked rice in aseptic package having capability of long-term preservation at room temperature is produced.
2. The process according to claim 1, wherein the concentration of the organic acid solution or the mixed solution is 0.1~0.3% respectively.
- 20   3. The process according to claim 1, wherein the pretreatment of step (a) includes the steps of blenching ginseng in 0.1~0.3% organic acid solution at 60℃ for 20 minutes after cutting ginseng into fixed size pieces, and soaking jujube and chestnut in mixed solution of 0.1~0.3% calcium solution and 0.1~0.3% organic acid solution at 25℃ for 1 hour after cutting into fixed size pieces, to reduce  
25       microorganism level and improve texture.
4. The process according to claim 1, wherein the sterilization of step (c) is carried out 4~10 times repeatedly at 130~150℃ for 4~8 seconds hermetically and the

cooking step (d) is carried out for 30 minutes with steam at 100°C.

5. The process according to claim 1, wherein liquid for cooking is mixed with a fixed amount of glucono delta lactone(GDL), to adjust pH of liquid and to adjust
- 5 final pH of the product to 4.0~5.0 in step (d).